

BABY BOOMERS AND BEYOND



MONDAY MORNING NEIGHBORHOOD WALKERS s/c

Walking Guide: Elaine Zeitlin

Walk such local trails and scenic neighborhoods as Windover Heights Historic District, Glyndon Park, Foxstone Park and Peterson Park. This group will accommodate a range of moderate walking speeds. Come prepared to meet new walking buddies and to have a generally great time! The fee for this program covers the cost of our guide and written materials related to walking tips, places to walk, trail maps and more! All sessions meet in the front lobby of the community center. Bring a cell phone and water bottle.

Advance Registration is Requested.

April 5 - May 3

443282 A1 - M - 10:00 a.m. - 11:00 a.m.

Fee: R \$5.00 / NR \$6.25 – Five sessions

GENTLE YOGA AND MINDFULNESS MEDITATION s/c

Instructor: Cheryl Harlan, RYT Instructor

Enhance flexibility, improve balance, relieve stress, improve sleep and stimulate creativity with yoga. Each class begins with a joint freeing series of movements for the entire body. Breathing techniques, postural alignment, plus poses to enhance balance, flexibility and strength will be presented each class. Most postures are demonstrated in a modified or simple form. Foot and other massage techniques are also presented. Each class ends with a deep relaxation, including such techniques as body scans, progressive muscular release and guided imagery. This class is presented through the discipline of mindfulness, which is a moment-to-moment awareness of the present. This discipline has been scientifically documented to positively improve one's level of health and fitness dramatically. **Dress comfortably for movement and in layers, bring a sticky yoga mat and an eye cover. Advance registration is requested.**

March 9 – April 20 (No class on April 6)

442475 A1 - T - 9:30 a.m. – 11:00 a.m.

Fee: R \$60 / NR \$75 - Six sessions

**ALSO SEE MINDFULNESS BASED STRESS
REDUCTION PROGRAMS ON
PAGES 20 AND 21**



FRIDAY ADVENTURE WALKERS s/c

Walking Guides: Jean Feeney and Susan Williams

Back by popular request this walking program is perfect for the walker that likes to meet at various locations and walk a different three mile scenic path each week. Walks included in this season are:

1. **April 9 - Vienna Community**
2. **April 16 - Daniels Run Park (Fairfax City)**
3. **April 23 - Ellanor C. Lawrence Park (Chantilly)**
4. **April 24 - Burke Lake Park (Burke)**
5. **May 1 - Scott's Run Nature Preserve (McLean)**

Each walk is about three miles, except for Burke Lake, which is 4.7 miles and will take an extra half hour. Scott's Run has some hills and rocky paths, so sturdy hiking shoes are recommended – you will be rewarded with a lovely water fall. Walkers should be able to maintain a moderate walking pace of 12 – 18 minutes a mile. This class will meet rain or shine. Participants are responsible for getting to each location. The first class meets at the Vienna Community Center lobby. Walking guides with maps to walking locations will be distributed the first day of the program. It is recommended that you bring a cell phone and water bottle on all walks.

Advance Registration is Requested.

April 9 – May 7

442472 A1 - F - 10:00 a.m. – 11:00 a.m.

Fee: R \$15 / NR \$18.75 - Five Sessions

COMING SOON – SEASONAL HIKING
If you want to be notified of hikes contact
Cheryl Harlan 703-255-7801

BREAK IT DOWN ZUMBA A SLOWER STEP-BY-STEP PROGRAM S/C

Instructor: Lupe Rother, Professional Dancer

Is there a little bit of Exotica and Latino deep inside of you just waiting to get out? **Ooooooohala!**

Join us as we learn some of the most popular dance step movements including Salsa, Merengue, Rhumba, Cumbia, Samba, Raggaeton, Cha, Cha, and Belly Dance. This class will be taught in a slower manner than most Zumba classes so that you can learn step-by-step how to shake those shoulders, unlock those hips, move those knees and feet in a sultry, fluid style. You will also become more aware of how proper breathing, posture and flexibility can help you to define every step you take. This is an aerobic movement class where you move on your own without partners.

April 9 – May 28

433021 C1 – F - 11:00 a.m. – 12:00 a.m.

Fee: R \$80 / NR \$100 – Eight classes

MATURE ADULTS

MATURE ADULT FITNESS FAVORITES



ABCS FOR SENIORS (Agility, Balance, Coordination) s/c

Instructor: Rosemary Reca, ACE Personal Trainer

This class is for older adults who want to improve and maintain their every day abilities of daily living. The class includes balance exercises, a mild cardio workout, bending, stooping and reaching exercises as well as strength training, and stretches for increased flexibility. Seniors will perform some activities in a chair, and other movements while standing, holding on to a chair or ballet bar. The class incorporates the use of balance equipment, hand weights, exercise bands and soft balls, all available for you during the class. If you have hand weights please bring them to class.

Advance registration is requested.

April 7 – May 19

442576 A1 - W - 1:30 p.m. – 2:30 p.m.

Fee: R \$49 / NR \$61.25 – Seven classes

HEART AND SOLE CHAIR EXERCISE PROGRAM s/c

Instructor: Joey Wagner

This is a unique aerobic, strength and flexibility program of chair-assisted exercise for persons with limited mobility, arthritis, diabetes, neurological impairments, compromised balance and/or beginning exercisers! “Fun”ctional fitness that utilizes energetic, yet light hearted music (Broadway hits, big band, swing, oldies but goodies) to sharpen the mind, improve coordination and condition the body! This dynamic, effective program with an upper and lower body workout **in a chair**, helps strengthen the cardiovascular system, tone muscles, focus on posture, and increase range of motion and flexibility! Unconventional exercise props enhance and compliment the workout!

Register early.

March 19 – May 28 (No class on April 2)

442476 A1 - F - 12:30 p.m. - 1:30 p.m.

Fee: R \$75 / NR \$93.75 - Ten classes

SENIOR FITNESS

Instructor: Jackie Dantano

This program will include cardio, weightlifting and stretching to aid the participants in building physical endurance, muscle strength, balance and flexibility. It will also include abdominal, leg, gluteal and stretching exercise in a chair. Participants are asked to bring a water bottle, their own hand weights and stretch bands. Exercisers are asked to take responsibility for knowing and regulating their own fitness ability. It is suggested that if you have not had a regular exercise program for a while that you consult your physician if you are concerned about starting this exercise program.

Please note: In order to attend this class you must be formally registered. All refunds from cancellation of this class will follow regular town policy as noted in the front of the catalogue. The class fee guarantees a minimum of 15 classes between April 12 and June 17. There may be some sessions that will be cancelled based on teacher availability. For In-Town of Vienna Residents over 65 there is no fee, however everyone must register to attend class. Please include your e-mail if you have one and an emergency contact person's name on your registration form.

April 13 – June 17

443730 A1 – T/TH – 11:00 a.m. – 12:00 p.m.

Fee: R Free / NR \$40

AARP MATURE SAFETY PROGRAM s/c

Presenter: Ralph Rosenthal

The Vienna Community Center is hosting the AARP Mature Driving Safety Program. This comprehensive classroom driver retraining course is geared to the specific needs of motorists **aged 50 and older**. The course will cover the effects of aging and medications on driving, basic driving rules, license renewal, local traffic hazards, adverse road conditions and accident prevention measures. Graduates of the course could receive a five to ten percent discount from their car insurance company. The cost of the course is **\$12 for AARP Members and \$14 for non members** and paid on the first day of class. **Checks should be made payable to AARP.** Class size is limited to 35 participants. Individuals are given a 1-hour break for lunch. It is suggested that you bring a bag lunch to class. Both classes must be attended.

ADVANCED REGISTRATION IS REQUIRED AND CANNOT BE TAKEN OVER THE PHONE.

April 15 and April 16

442290 A1 – TH/F - 10:00 a.m. – 3:00 p.m.

Fee \$12 or \$14.00 payable in class

PLEASE REGISTER EARLY SO WE CAN INSURE THAT THE CLASS HAS THE MINIMUM NUMBER OF STUDENTS TO RUN THE CLASS.

MATURE ADULTS

WRITING YOUR PERSONAL HISTORY SPRING/SUMMER SESSION

Coordinators: Pat Lavey and Herman Carter

Our lives are filled with unique experiences, which make future generations more knowledgeable, when shared through written autobiographies. This is an opportunity to record the story of your life for your children, grandchildren, and generations to come. At the beginning of each session class members select topics about which to write. Each week every class member comes to class prepared to read the equivalent of one or two word processed or hand written pages. There is no formal critique of writing, only friendly feedback by seasoned class members. ***This class is run by participants and does not have formal instruction. It is for fun, friendship and supportive feedback. No class on May 6th because of our writing symposium. Register for that program too! See***

symposium details in the front of the catalogue.

April 8 – August 12

442480 A1 -TH -10:40 a.m. – 12:40 p.m.

Fee: \$5 contribution payable in class for an administrative support and refreshments fee

THE WRITING CIRCLE FOR MEMOIR WRITERS s/c

Instructor: Joanne Lozar Glenn, Award-Winning Independent Writer

If you are writing a memoir-or thinking of starting one-come to this writing circle. Here, we gather to write and read our work and to respond to others' work in a safe, supportive environment. We'll learn what kind of feedback is helpful in first drafts compared to more developed drafts, and instruction will be based on participants' writing. In-class writing exercises will get the ideas flowing; writers are welcome to bring in more developed drafts for further feedback.

All writing students are encouraged to register for the Writing Your Personal No class on May 6 due to writing symposium. See details in the front of this catalogue.

April 8 – May 27 (No class May 6)

442481 A1 - TH - 8:30 a.m. – 10:30 a.m.

Fee: R \$70.40 / NR \$88 – Seven sessions



REGISTRATION

IN TOWN - FEBRUARY 1

OUT OF TOWN - FEBRUARY 8

The Tenth Annual Writing Your Personal History Symposium

Coordinated by Dianne Hennessy King,
Editor, Cultural Anthropologist and Memoir Writing Teacher

ACROSS GENRES: FOUR WORKSHOPS

***Learn to Write a Better Personal Story with Techniques Used by
Novelists, Journalists, Oral Storytellers and Others***

Thursday, May 6 10:00 a.m.-2:00 p.m.

Fee: \$20 symposium only

Bring a bag lunch or pre-order a boxed lunch for \$6.50

See page 7 in front of catalogue for registration and full details